

Southern Ontario

* indicates sites that can offer *TIME™ Lite* and *TIME™ Plus*

City/Town	Site Name	Address	Contact Information
Toronto Region			
Toronto (Downtown east)	Central Neighbourhood House	349 Ontario Street Toronto, ON M5A 2V8	Paul Hundert T: 416-925-4363 Ext. 2525. paul.hundert@tngcs.org
Scarborough	Variety Village	3701 Danforth Ave. Scarborough, ON M1N 2G2	Debbie Murray T: 416-699-7167 ext. 238 dmurray@varietyontario.ca
Halton Region			
Halton Hills	Hillsview Active Living Centre	318 Guelph St Georgetown L7G 4B5	Stephanie Barrington 905-873-2600 ext. 2360 sbarrington@haltonhills.ca
York Region			
Newmarket	Magna Centre	800 Mulock Dr. Newmarket, ON L3Y 9C1	Anne Sugar asugar@newmarket.ca 905-953-5300 ext 2710
Stouffville	Ballantrae Golf and Country Club Recreation Centre (for residents of the Ballantrae G&CC)	1 Final Round Stouffville, ON L4A 1N3	Dayna Stoddart 905-640-1055 x22 daynawellness@gmail.com
Stouffville	Whitchurch-Stouffville Leisure Centre	2 Park Drive Stouffville, ON L4A 4K1	Craig Baillie 905-642-7529 ext 5319 Craig.baillie@townofws.ca
Vaughan (Thornhill)	North Thornhill Community Centre	300 Pleasant Ridge Ave Thornhill, ON L4J9B3	Cindy Daniels-Bullard, Fitness Coordinator 905-832-2377 ext.7427 cindy.daniels@vaughan.ca
Vaughan (Woodbridge)	Vellore Village Community Centre	1 Villa Royale Ave Woodbridge, ON L4H 2Z7	Cindy Daniels-Bullard, Fitness Coordinator 905-832-2377 ext.7427 cindy.daniels@vaughan.ca

Southern Ontario- continued

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Durham Region			
*Whitby	*Abilities Centre	1 Jim Flaherty St Whitby, ON L1N 0J2	Carrie Dain, Lead Post Rehabilitation postrehab@abilitiescentre.org 905-665-8500 ext. 114
Kawartha Lakes Region			
Lindsay	Lindsay Kawartha Recreation Complex	133 Adelaide St. South Lindsay, ON K9V 4M2	Olivia Vandenberg 705-324-9411, ext. 1555 ovandenberg@kawarthalakes.ca
Peterborough	Peterborough Sport and Wellness Centre	775 Brealey Drive Peterborough, ON K9J 6X4	Jennifer Bell 705-742-0050, ext 2207 jbelle@peterborough.ca or www.cityofpeterborough/recreation
Simcoe County			
Collingwood	Central Park Arena, through Living Better with Parkinson's	85 Paterson St Collingwood ON L9Y 4N8	Sarah Rody sarah@livingbetterwithparkinsons.ca 705-607-6933

Northern Ontario

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City/Town	Site Name	Address	Contact Information
Dryden	Dryden Pool and Fitness Centre	84 Whyte Ave Dryden, ON P8N 1Z5	Joel Allen 807-223-1430 jallen@dryden.ca
Haileybury/ Timiskaming	Timiskaming Home Support (Post Stroke Transitional Care Program)	367 Sutherland Way, Haileybury, ON P0J 1K0	Csilla Szabo 1877-318-9678 ext 2220 cszabo@homesupportservices.ca
North Bay	PHARA (Post Stroke Transitional Care Program)	280 Oakwood Ave North Bay , ON P1B 9G2	Denis Champagne 705-474-4632 or 7.5-499-7988 Dchamp16@hotmail.com
Parry Sound	The Friends (Post Stroke Transitional Care Program)	27 Forest Street Parry Sound, ON P2A 2R2	Robin Stainton 705-746-5102 ext 269 rstainton@thefriends.on.ca

Northern Ontario- continued

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City/Town	Site Name	Address	Contact Information
Sault Ste. Marie	March of Dimes (Post Stroke Transitional Care Program)	550 Queen St W, Suite 103, Sault Ste. Marie, ON P6A 1A6	Kayla Short 705-945-1044 ext 3019 kashort@marchofdimes.ca
*Sudbury	ICAN- Independence Centre and Network (Post Stroke Transitional Care Program)	765 Brennan Road Sudbury, ON P3C 1C4	Krystina Newfeld 705-673-0655 ext 201 knewfeld@ican-cerd.com
Timmins	March of Dimes (Post Stroke Transitional Care Program)	38 Pine Street North, Suite 121 Timmins, ON, P4N 6K6	Amanda Chartrand 705-360-5150 achartrand@marchofdimes.ca

Atlantic Canada

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City/Town	Site Name	Address	Contact Information
Nova Scotia			
*White Rock Nova Scotia	*White Rock Community Association	1542 White Rock Rd. White Rock, NS B4P 2R1	Phyllis Crowe 902-542-3733 phyllis.crowe@gmail.com Robin Foster 902-297-7389 luke-4@hotmail.com
Newfoundland			
Corner Brook Newfoundland	Corner Brook Civic Centre – Annex	1 Canada Games Dr, Corner Brook, NL A2H 6C9	Brittany Murphy 709-637-1577 brittanymurphy@westernhealth.nl.ca
St John's Newfoundland	Paul Reynold's Community Centre	35 Carrick Drive St. John's, NL A1A 4N2	Sarah Blackwood 709-576-6972 inclusion@stjohns.ca

City/Town	Site Name	Address	Contact Information
Metro Vancouver			
Coquitlam	Poirier Sports & Leisure Complex	630 Poirier Street Coquitlam, BC V3J 6A9	Camilo Molina 604-927-6005 cmolina@coquitlam.ca
Coquitlam	Maillardville Community Centre	1200 Cartier Ave Coquitlam, BC V3K 2C3	Camilo Molina 604-927-6005 cmolina@coquitlam.ca
Langley	Walnut Grove Community Centre	8889 Walnut Grove Dr Langley, BC V1M 2N7	Wendy Cook 778-370-7078 wcook@tol.ca
Columbia-Shuswap			
*Revelstoke	*Revelstoke Community and Aquatic Centre	600 Campbell Ave, Revelstoke, BC V0E 2S0	Meghan MacIsaac mmacisaac@revelstoke.ca 250-837-9351 OR prc@revelstoke.ca
Fraser Valley			
Agassiz	Agassiz Community Recreation and Cultural Centre	6660 Pioneer Ave Agassiz, BC V0M 1A3	Skylar Gormley, sgormley@kentbc.ca 604-796-8891 OR Miranda mthomasmerkley@kentbc.ca
Southern Vancouver Island			
Victoria	Juan de Fuca Recreation Centre	1767 Island Highway Victoria, BC V9B 1J1	Kaitlyn Waring, kwaring@wspr.ca 250-478-8384 Or rehab@westshorerecreation.ca
Victoria	Gordon Head Recreation Centre	4100 Lambrick Way Victoria, BC V8N 5R3	Rebecca Davidson 250-475-7109 rebecca.davidson@saanich.ca
Victoria	Cedar Hill Recreation Centre	3220 Cedar Hill Rd Victoria, BC V8P 3Y3	Deanna Roch 250-475-7125 Deanna.roch@saanich.ca

TIME at Home, virtual program

MS Canada
<ul style="list-style-type: none">• Register through their webpage at TIME™ at Home MS Canada or call the MS navigators at 1.844.859.6789• Sessions span the length of a season (September to December is the fall session)• You can join this program from anywhere in Canada• Note: priority will be given to people with multiple sclerosis, but others are welcome to register
Toronto Grace Remote Care Monitoring (RCM) - Active Together
<ul style="list-style-type: none">• To register email RCMplus@torontograce.org with subject line "TIME at HOME"• Sessions run for 6 weeks and registration for the next session is accepted at any time• Note: participants must qualify for falls/emergency alert pendant through RCM- email above contact for details• If you are a referring clinician, complete the RCM Intake Form & indicate "TIME™ at HOME" in the reason for referral.
March of Dimes, Sault Ste Marie- Post Stroke Transitional Care Program
<ul style="list-style-type: none">• To register contact Sheryl Pierman spierman@marchofdimes.ca or (705) 945-1044, ext. 251• Note: registration is limited to those enrolled in the March of Dimes Post Stroke Transitional Care Program (Sault Ste Marie)
March of Dimes Canada
<ul style="list-style-type: none">• To register, contact Renato Barbosa dos Santos at timestudy@utoronto.ca or (416) 946-7579 <p>Note: Registration is currently limited to those eligible for the <i>TIME™ at Home</i> study</p>
Westend Seniors Activity Centre, Edmonton, Alberta
<ul style="list-style-type: none">• To register, contact Doyeon Hwang at rehab.timestudy@ualberta.ca or (825) 975-4800.• Note: Registration is currently limited to those eligible for the <i>TIME™ at Home</i> study
YWCA-YMCA Winnipeg, Winnipeg, Manitoba
<ul style="list-style-type: none">• To register, contact Roheema Ewesesan at Roheema.Ewesesan@umanitoba.ca or (204) 787-8015.• Note: Registration is currently limited to those eligible for the <i>TIME™ at Home</i> study
City of Ottawa Virtual Programs, Ottawa, Ontario
<ul style="list-style-type: none">• To register, contact Asefeh Memarian at amemarian@bruyere.org or (613) 562-6262 ext. 1419.• Note: Registration is currently limited to those eligible for the <i>TIME™ at Home</i> study